

	<p>1</p> <p>5:45 SPIN (B&B) LIZ 9 CARDIO CORE CRUSH ANDY 9:15 SPIN XL (75) ANGIE 10 YOGA BLEND ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 5:15 BUTTS & GUTS SHIRIN 6 KETTLE BELL CRUSH SHIRIN</p>	<p>2</p> <p>5:45 BOOTCAMP LIZ 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 9:30 SURFSET SHIRIN 8:30 SPIN (XP) AMY 9:30 3-2-1 ANGIE 10:30 YOGA BLEND TERENCE 12 SPIN B&B JOE 5:30 SPIN (XP) CHARLIE 6:30 KICKBOXING CHARLIE</p>	<p>3</p> <p>5:45 SPIN & STRETCH LIZ 8 HATHA MICHAEL 9 SPIN (30/30) AMIRA 9:30 STRICTLY STRGTH ALLIE 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA CAROLINE 5:30 PILATES SCULPT AMIRA 5:30 SPIN (XP) SHIRIN 6:30 VINAYASA LAUREN</p>	<p>4</p> <p>CLUB CLOSED</p>	<p>5</p> <p>7A SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX AMIRA 9 SPIN 30/30 ALLIE 9 BIG GYM CIRCUIT ALLIE 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN ANDY</p>	<p>6</p> <p>8 HATHA MICHAEL 9 SPINXL ANGIE 9 STEP & PATTY 10 PILATES LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE 11 ZUMBA CNCLD</p>
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<p>7</p> <p>8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN ELLIE 10 BOOTCAMP LAURA</p>	<p>8</p> <p>5:45 SPIN (B&B) AMIRA 9 CARDIO CORE CRUSH ANDY 9:15 SPIN XL (75) ANGIE 10 YOGA BLEND ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 5:15 BUTTS & GUTS SHIRIN 6 KETTLE BELL CRUSH SHIRIN</p>	<p>9</p> <p>5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 9:30 SURFSET SHIRIN 8:30 SPIN (XP) AMY 9:30 3-2-1 ANGIE 10:30 YOGA BLEND TERENCE 12 SPIN B&B CNCLD 5:30 SPIN (XP) SHIRIN 6:30 KICKBOXING CHARLIE</p>	<p>10</p> <p>5:45 SPIN & STRETCH LIZ 8 HATHA MICHAEL 9 SPIN (30/30) AMIRA 9:30 STRICTLY STRGTH ALLIE 11 MUSCLE MAX LT KEVIN 4 RESTORATIVE YOGA CARYN 5:30 PILATES SCULPT AMIRA 6:30 VINAYASA LAUREN</p>	<p>11</p> <p>5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 8/9:30 SURFSET (RUGGED) SHIRIN 9:30 3-2-1 AMIRA 5:30 STRICTLY STRGTH LAURA 6:30 KICKBOXING CHARLIE</p>	<p>12</p> <p>5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9 SPIN 30/30 AMIRA 9 BOOTCAMP ALLIE 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN ANDY</p>	<p>13</p> <p>8 HATHA MICHAEL 9 SPINXL ANGIE 9 STEP & PATTY 10 PILATES LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE 11 ZUMBA LAUREN</p>
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<p>14</p> <p>8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN CARYN 10 BOOTCAMP LAURA</p>	<p>15</p> <p>5:45 SPIN (B&B) AMIRA 9 CARDIO CORE CRUSH ANDY 9:15 SPIN XL (75) ANGIE 10 YOGA BLEND ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 5:15 BUTTS & GUTS SHIRIN 6 KETTLE BELL CRUSH SHIRIN</p>	<p>16</p> <p>5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 9:30 SURFSET SHIRIN 8:30 SPIN (XP) AMY 9:30 3-2-1 ANGIE 10:30 YOGA BLEND TERENCE 12 SPIN B&B JOE 5:30 SPIN (XP) SHIRIN 6:30 KICKBOXING CHARLIE</p>	<p>17</p> <p>5:45 SPIN & STRETCH CINDY 8 HATHA TERENCE 9 SPIN (30/30) AMIRA 9:30 STRICTLY STRGTH SHIRIN 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA CARYN 5:30 PILATES SCULPT AMIRA 5:45 SPIN (B&B) ADRIENNE 6:30 VINAYASA LAUREN</p>	<p>18</p> <p>5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 8/9:30 SURFSET SHIRIN 9:30 3-2-1 AMIRA 5:30 STRICTLY STRGTH JAY 6:30 KICKBOXING CHARLIE</p>	<p>19</p> <p>5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9 SPIN 30/30 AMIRA 9 BOOTCAMP JAY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN ANDY</p>	<p>20</p> <p>8 HATHA MICHAEL 9 SPIN XL ANGIE 9 STEP & PATTY 10 PILATES LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE 11 ZUMBA LAUREN</p>
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<p>21</p> <p>8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN CARYN 10 BOOTCAMP (GYM) LAURA</p>	<p>22</p> <p>5:45 SPIN (B&B) AMIRA 9 CARDIO CORE CRUSH ANDY 9:15 SPIN XL (75) ANGIE 10 YOGA BLEND ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 5:15 BUTTS & GUTS SHIRIN 6 KETTLE BELL CRUSH SHIRIN</p>	<p>23</p> <p>5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) SUSAN 8:30 PILATES SCULPT LAURA 9:30 SURFSET SHIRIN 8:30 SPIN (XP) AMY 9:30 3-2-1 ANGIE 10:30 YOGA BLEND TERENCE 12 SPIN B&B JOE 5:30 SPIN (XP) SHIRIN 6:30 KICKBOXING CHARLIE</p>	<p>24</p> <p>5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9 SPIN (30/30) AMIRA 9:30 STRICTLY STRGTH ALLIE 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA CARYN 5:30 PILATES SCULPT AMIRA 6:30 VINAYASA LAUREN</p>	<p>25</p> <p>5:45 BOOTCAMP LIZ 8:30 PILATES SCULPT LAURA 9:30 SPIN (30/30) ANGIE 8:15/9: SURFSET (RUGGED) SHIRIN 9:30 3-2-1 ALLIE 5:30 STRICTLY STRGTH JAY 6:30 KICKBOXING CHARLIE</p>	<p>26</p> <p>5:45 SPIN B&B LIZ 7:45 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9 SPIN 30/30 AMIRA 9 BOOTCAMP JAY 9 CIRCUIT STRNTH ANDY 10 HATHA/VIN ANDY</p>	<p>27</p> <p>8 HATHA MICHAEL 9 SPIN XL ANGIE 9 STEP & PATTY 10 PILATES LAURA 10 GYM CIRCUITS AMIRA 11 KICKBOXING CHARLIE 11 ZUMBA CNCLD</p>
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<p>28</p> <p>8 PILATES PATTI 9 SPIN (AT) SHIRIN 10:15 HATHA/VIN CARYN 10 BOOTCAMP (GYM) JAY</p>	<p>29</p> <p>5:45 SPIN (B&B) AMIRA 9 CARDIO CORE CRUSH ANDY 9:15 SPIN XL (75) ANGIE 10 YOGA BLEND ANDY 11 MUSCLE MAX LT CARYN 4 RESTORATIVE YOGA CARYN 5:15 BUTTS & GUTS SHIRIN 6 KETTLE BELL CRUSH SHIRIN</p>	<p>30</p> <p>5:45 BOOTCAMP AMIRA 6:30 ASHTANGA MICHAEL 8:30 BALANCE (STX) MICHAEL 8:30 PILATES SCULPT LAURA 9:30 SURFSET SHIRIN 8:30 SPIN (XP) AMY 9:30 3-2-1 ANGIE 10:30 YOGA BLEND TERENCE 12 SPIN B&B JOE 5:30 SPIN (XP) SHIRIN 6:30 KICKBOXING CHARLIE</p>	<p>31</p> <p>5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9 SPIN (30/30) AMIRA 9:30 STRICTLY STRGTH ALLIE 11 MUSCLE MAX LT JAY 4 RESTORATIVE YOGA CARYN 5:30 PILATES SCULPT AMIRA 6:30 VINAYASA LAUREN</p>	<p>2024 JULY GROUPX & SPIN 2024 PLEASE SEE BHC APP FOR MOST ACCURATE SCHEDULE</p>		
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